THE LAMB MENU BOOK

A Collection of Menus Featuring Selected Lamb Recipes

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407 South Dearborn Street
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Lamb Buyers' Guide

LAMB CHART
Featuring Retail Cuts

HINDQUARTER CUTS

- Steaks from the Leg
- American Leg 4 1/2 lbs
- Loin End of Leg 3 lbs
- Tender Leg 3 1/2 lbs

FOREQUARTER CUTS

- Boneless Diced Breast 2 1/2 lbs
- Neck Duck 3 lbs
- Sirloin Chops 10 1/2 lbs

STANDARD CUTS

- Leg
- Loin
- Rib
- Breast

USES OF CUTS

- Leg: Skirt, Roast, Loin
- Loin: Ribs, Chops, Sirloin, Leg
- Rib: Roast, Chops, Chops, Sirloin, Neck
- Breast: Shank, Shank, Shank, Neck

National Live Stock and Meat Board

Lamb is Delicious
Always in Season
Featuring Lamb Roasts and Baked Dishes

Dinner Menu

Fruit Cocktail
Roast Lamb Mint Sauce
Parsley Potatoes Buttered Peas
Rolls Spiced Currants
Watercress Salad
Lemon Tarts Coffee

Leg of Lamb, Frenched

Roast Leg of Lamb

Trim but do not remove fell from a leg of lamb, rub surface with salt and pepper, and insert a clove of garlic in the joint. Place meat in a roasting pan, set pan in a hot oven (500° F.) for 20 minutes, reduce heat (300° F.), and roast meat until done, about 30 to 35 minutes per pound. Make a brown gravy from the drippings in the pan. With the roast serve:
**Mint Sauce**

Add $\frac{1}{3}$ cup chopped mint leaves and 2 tablespoons sugar to $\frac{1}{2}$ cup hot vinegar. Stir until sugar is dissolved.

**Roast Shoulder of Lamb**

Shoulder of lamb makes an attractive roast when boned and rolled. Prepare and cook this cut in the same manner as a leg of lamb. Basting several times during the roasting with melted mint or currant jelly will give a delicate taste both to the meat and to the gravy.

The shoulder and neck cut can be shaped to make what is called a mock duck. To cook this, follow the directions for roasting. When done, garnish attractively with mint, peas, and cubed carrots.

A rolled lamb shoulder, stuffed and roasted, appeals to those who prefer a stuffing with their meat. After the shoulder is boned, spread with a...
well-seasoned bread stuffing, using 3 cups of crumbs. As a variation, add \( \frac{1}{4} \) cup cooked chopped bacon and 1 cup chopped sour apple in addition to other seasonings of onion, celery, parsley, pepper, and salt.

**Breast of Lamb with Stuffing**

This is a very satisfying dish at little cost. Select a whole breast of lamb, rub with salt and pepper, immerse in enough water to cover, and cook gently until tender. Remove or draw out the bones, place the meat in a shallow roasting pan and spread it with a bread stuffing well moistened with milk or stock and seasoned with salt, pepper, onion, sage, celery salt, and bacon or ham fat. Set in a fairly hot oven (375° F.) and bake until browned.

**Baked Lamb Loaf**

3 cups lamb, ground  
1 cup milk or stock  
1 egg  
1 cup bread crumbs  
2 tablespoons onions, minced  
1 green pepper, minced  
1½ teaspoons salt  
½ teaspoon pepper  
2 tablespoons parsley, minced  
1 cup white sauce, for serving  
½ cup cooked peas, for sauce

Beat egg, add liquid, then crumbs and allow them to soak for 10 minutes. Grind meat with vegetables and seasonings. Combine the two mixtures, pour into a well-greased loaf
pan and bake in a moderate oven (375° F.) for 1 hour. Turn out the loaf and serve with a white sauce to which ½ cup of cooked peas has been added.

**Choice Lamb Tidbits**

Cut thin lamb steak into pieces about 3 inches square and sprinkle with salt, pepper, and a drop of onion juice. Wrap a slice of bacon around each piece and fasten with a toothpick. Dredge the rolls lightly with flour, place them in a shallow baking pan, add a small amount of water, and bake 30 minutes in a fairly hot oven (400° F.). Serve the tidbits with broiled kidneys for a grill plate.

Another tidbit is prepared from pieces of lamb chop or steak. Cut small noisettes of lamb, marinate in a French dressing seasoned with mint for one-half hour, then slip pieces onto a large steel skewer, alternating the meat with thick slices of tomato. Broil over or in front of hot coals or a fire. This is an attractive way to broil lamb for the outdoor meal.

**To Serve with Lamb**

In planning vegetable accompaniments for lamb, select those which blend well with the delicate individual flavor of this meat. First in choice are the following: Green peas, tomatoes, beets, new carrots, turnips, string beans, asparagus, squash, salsify, new onions, and artichokes.
Featuring Lamb Chops and Steaks

A Fall Luncheon Menu

Celery Soup Croutons
Lamb Steaks Stuffed Baked Potatoes
Buttered Beans Broiled Tomatoes
Shredded Lettuce Salad
Grape Sherbet Sponge Cake
Tea or Coffee

Lamb Loin Chop

Broiled Loin Chops

Remove any superfluous fat from each chop and roll flank end about the tenderloin, fastening it into shape with a skewer. If kidney is cut with the chop, wrap flank end around it. Rub surface of chops with salt and pepper and place them on a broiler greased with some of the lamb fat. Sear chops on one side, and then turn and sear on the other side. Cook them from 6 to 8 minutes, place on a hot platter and add garnishes. Serve with parsley and butter sauce.
**Parsley and Butter Sauce**

Cream ½ cup butter, add ½ teaspoon salt, a dash of pepper, ½ teaspoon finely chopped parsley, and ¾ tablespoon lemon juice. Spread sauce on hot chops.

**Baked Lamb Steaks**

Trim and remove extra fat from lamb steaks cut from the shoulder. Rub them with salt and pepper, brown on both sides in lamb fat, and place in a casserole. Rinse frying-pan with ½ cup hot water and add this liquid to the meat. Cover dish tightly and bake meat in moderate oven (350° F.) for 1 ½ hours. If desired, finely chopped vegetables such as onions, carrots, turnips, and mushrooms may be added to the meat in the casserole the last half hour. When done, remove meat from the dish. Make a gravy, using 2 tablespoons flour and extra stock, if necessary.
Featuring Lamb Casseroles and Pies

A Family Dinner Menu

Melon
Lamb Pie Baked Squash
Quick Biscuits Currant Jelly
Perfection Salad
Apple Sauce Ginger Cookies
Tea or Coffee

Individual Lamb Pies

2 cups lamb, chopped or diced
1 cup potato, diced
\( \frac{1}{4} \) cup carrots, diced
\( \frac{1}{2} \) cup green peas
2 cups lamb stock or gravy
1 small onion, chopped
2 tablespoons catsup or chili sauce
3 tablespoons fat
Salt and pepper
Flour

Use left-over cooked lamb. Cube meat and brown, together with the onions, in 2 tablespoons of fat. Add vegetables, which have either been left over or freshly cooked, then add thickened stock or gravy with seasonings. Cook 10 minutes, or until meat is thoroughly heated. Pour mixture into individual baking dishes or casseroles, cover tops with pastry or biscuit dough and bake in a hot oven until dough is well done and light brown in color, about 20 to 25 minutes at 450° F.
Biscuit dough will take somewhat longer to bake than pastry. Serve pies hot in the same dishes in which they are baked.

**Neck Slices en Casserole**

Cut neck slices 1 inch thick. Remove the bones carefully with a small knife. Roll each slice into a round cutlet shape and fasten it with a skewer. Rub surface with salt and pepper, dip slices in beaten egg and in crumbs, and sear on both sides in lamb fat or meat drippings, using a deep pan or Dutch oven. Add 1 cup stock or thin tomato juice, cover pan tightly and simmer gently for 1 hour or until meat is tender. Uncover pan and allow meat to brown. Make a gravy of the fat in the pan and season it with a bit of ground mint and a few drops of tabasco or Worcestershire sauce.

**Escalloped Lamb with Macaroni**

Use left-over cold lamb roast. Cut meat into thin slices or strips. At the same time, break macaroni into 1-inch
lengths and cook it in boiling, salted water until done. Grease a baking or casserole dish, cover bottom with a layer of macaroni, cover this with a layer of meat, add a layer of macaroni, and repeat until dish is almost full. Add lamb gravy and enough tomato sauce to moisten contents thoroughly. Sprinkle buttered bread crumbs over the top and bake in a moderate oven (350° F.) for 30 to 35 minutes. Add more salt and pepper, if necessary.

**Shepherd’s Pie**

Chop or cut leftover lamb into small cubes or thin slices. Season with salt, pepper, minced onion, and celery salt. Place meat in a deep earthen dish or casserole and add enough gravy or browned sauce to cover it. Set casserole in a moderate oven for 15 minutes or until meat is thoroughly heated. Remove dish from the oven and spread over the top of the meat a 2 or 3-inch layer of hot riced or mashed potato. Set dish in oven again and bake for 15 minutes, or until potatoes are light brown. Garnish top with a few dashes of paprika and minced parsley. Serve pie in the same dish in which it is baked.

**Lamb Patties**

Ground lamb from the shoulder, neck or breast makes attractive patties. Shape the ground meat into round flat
cakes, wrap a strip of bacon around each and fasten with a toothpick. Season with salt and pepper and dredge very lightly with flour. The patties may be fried or baked in the same manner as lamb steaks. If baked en casserole, vegetables may be added and served with the meat. Potato balls,

![Lamb Patties](Image)

string beans, and carrots are a good combination.

When frying the patties, serve with them a gravy seasoned with a few drops of Worcestershire and a bit of jelly, if on hand.

With the present day popularity of the combination grill for lunch or dinner, such lamb dishes as patties are well suited for the main meat. With this serve a broiled lamb kidney, a slice of bacon and vegetables. Lamb chops, steaks, neck slices, as well as the tidbits given on page 6, also are adapted to this method of serving.
Featuring Lamb Stews, Irish, and Otherwise

An Informal Supper Menu

Peach and Pear Salad
Lamb Stew Dumplings
Celery Beet Relish
Fudge Cake Coffee

Irish Stew

2 pounds neck or breast of lamb
2 onions, sliced
2 carrots, sliced
1 turnip, sliced
2 or 3 medium potatoes
Water or stock
Flour, salt, pepper

Cut meat into small pieces, place it in a deep frying-pan or kettle, cover with water or stock, and bring to a boil. Add sliced onion, lower heat and allow to simmer for about 2 hours. Then add potatoes and carrots and cook more rapidly until vegetables are done. Thicken liquid with flour and season. Serve stew with dumplings.

Dumplings

1 cup flour
\( \frac{1}{2} \) teaspoon salt
2 teaspoons baking powder
\( \frac{1}{2} \) cup milk (about)
1 teaspoon fat drippings or lard

Sift dry ingredients, cut in fat and add the milk to give a soft smooth dough. Drop dough by spoonfuls over top of the stew. Cover dish and allow dumplings to steam about 12
minutes or longer if they are large. The stew should be kept boiling hot.

**Lamb Fricassee**

Select breast of lamb for this dish. Cut it into suitable pieces for serving, dredge in flour seasoned with salt and pepper, brown in lamb fat or meat drippings, cover with boiling water, and cook slowly until the meat is tender, about 1 hour. Make a gravy of the stock in the kettle, using $1 \frac{1}{2}$ tablespoons of flour to each cup of stock. Serve meat with steamed rice or boiled potatoes.

If dill flavor is liked, add a bit to the meat while cooking.

**Ragout of Lamb**

A ragout is much like a stew with greater elaboration of ingredients and seasonings. The meat is cubed, browned in a little lamb fat, combined with the vegetables, covered with lamb stock or left-over gravy which has been thinned with water or stock, covered and allowed to simmer until vegetables are tender.

To make a successful ragout special attention should be given to seasonings. These may be varied to suit the taste but the most essential are lemon juice, parsley, bayleaf, Worcestershire or similar sauce, onion and a bit of mint or dill if liked. Barley is often used as a thickening agent. This dish is a meal in itself.
Featuring Uses for Cold Lamb

An Outdoor Menu
Tomatoes Stuffed with Lamb Salad
Potato Chips Gherkins
Spice Cake Fruit
Lemonade or Coffee

Tomatoes Stuffed with Lamb Salad

2 cups cooked lamb
2 tablespoons oil
1 tablespoon vinegar
½ teaspoon salt
⅛ teaspoon pepper
1 hard-cooked egg
1 cup celery, diced
1 teaspoon onion, chopped
Capers, if desired
Mayonnaise dressing
6 large tomatoes

Cube meat and marinate for one-half hour or longer in a dressing made of oil, vinegar, and seasonings. Combine meat with chopped egg, celery, and mayonnaise dressing.

Cut a slice from the tops of firm, ripe tomatoes, remove pulp and seeds, fill with the salad mixtures and replace tops. If salad is to be carried on a picnic, wrap each tomato in a paraffin paper.

Molded Lamb Tongue Salad

Cook lamb tongues until tender in hot water to which salt, a few celery
seeds, and a small onion have been added as seasonings. When done, chill, remove skin, and slice. In the meantime, have ready an aspic jelly or seasoned stock with enough gelatin added to make it stiffen (1 tablespoon to the pint). Set a mold on ice to chill, pour in a little of the stock, and, when stiff, add a layer of the sliced meat, then more stock, and repeat until the meat is all used. The meat should be covered with stock. Allow several hours for jelly to set, and then unmold. Serve molded tongue with potato, cabbage or other vegetable salad or a combined fruit and vegetable salad.

**Lamb Liver Sandwiches**

Grind cooked liver with 1 or 2 slices of fried bacon. Moisten with mayonnaise dressing and spread it on slices of bread. Add thin slices of tomato and onion, lettuce, and second slices of bread. This makes a substantial sandwich for lunch or picnic.
Featuring Lamb Left-overs

A One-Hour Oven Meal

Curried Lamb with Rice
String Beans     Braised Carrots
Cabbage and Cucumber Salad
Ginger Bread     Whipped Cream
Tea or Coffee

Curried Lamb with Rice

2 pounds lamb
1 bay leaf
2 small onions, sliced
6 peppercorns
1 teaspoon parsley, chopped
4 tablespoons flour
½ teaspoon curry powder
Salt and pepper
Boiling water

Select meat from the breast or shoulder and cut it into small pieces suitable for serving. Place meat in a kettle, cover with boiling water, add seasonings, cover and simmer until the meat is tender, about 2 hours. If leftover meat is used, allow 20 to 30 minutes. Remove meat, strain stock in the kettle, and thicken it with flour which has been combined with the curry powder and water enough to form a paste. Cook the gravy until thickened, add salt and pepper to taste, and serve over the meat on a deep platter with a border of steamed rice.
**Baked Lamb Hash with Peas**

- 2 cups cooked lamb, chopped
- 2 tablespoons fat
- 1 cup potatoes, cubed
- 1 cup cooked green peas
- 1 teaspoon salt
- 1 tablespoon onion, minced
- ⅛ teaspoon pepper
- Left-over gravy or lamb stock

Melt fat, add onion, and brown slightly. Combine onion with remaining ingredients. Spread hash in a shallow baking dish, well greased, and bake in a moderately hot oven (375° F.), 40 to 45 minutes. Garnish hash with slices of tomato and serve.

Chopped lamb heart or liver, when left over, is a welcome addition to a hash. String beans or cooked celery may be used in addition to or in place of the peas.

A tartare sauce so often served with other kinds of hash also combines well with lamb hash.

**Hot Lamb Sandwich**

Place sliced roast lamb on a slice of bread and pour over it a well seasoned lamb gravy to which cooked green peas have been added. In place of the peas, bits of green pepper or capers may be cooked in the gravy.
Featuring Other Edible Parts

A Tempting Breakfast Menu

Sliced Orange
Broiled Lamb Kidneys with Bacon
Corn Muffins    Marmalade
Coffee

Broiled Lamb Kidneys with Bacon

Clean kidneys and cut into halves. If they are to be served for breakfast, marinate them overnight in a French dressing.

Wrap each kidney in a slice of bacon and bake them in a hot oven or broil until bacon is crisp and kidneys are tender, about 20 minutes in the oven or 12 to 15 minutes on the broiler. Lay kidneys on triangles of toasted bread and serve them at once.

Lamb Liver in Gravy on Toast

Cut 1 pound of lamb’s liver into very thin slices or squares. Sprinkle slices with salt, pepper, and flour, brown them in bacon fat, add 1 cup milk, cover, and cook the meat slowly until tender. If a thicker gravy is desired, add more flour, first made into a paste with cold water. Season gravy with a dash of cayenne and a teaspoon of chili sauce or catsup. Serve the liver on toast for breakfast, or with spaghetti for a luncheon dish.
Stuffed Lamb Hearts—Baked

Wash lamb hearts in cold water and remove the veins and arteries. Fill the cavities with a stuffing made of bread crumbs seasoned with salt, pepper, sage, minced onion, and celery salt. Moisten the dressing with hot water and a little bacon fat or butter. Tie or skewer the openings and sear hearts, on all sides in hot bacon fat. Place hearts in a baking dish or roasting pan, sprinkle them with salt and pepper and dredge lightly with flour. Place over each heart a thin slice of salt pork or bacon and bake for 1 to 1 1/2 hours, depending upon the size of the hearts. If necessary, add a small amount of water to the pan. Make a gravy of the liquid in the pan and season it with chopped gherkins or a few stewed prunes and a slice of lemon.

Combination Lamb Salad

2 cups cooked lamb, diced
1 cup celery, diced
1 cup cooked peas
1 hard-cooked egg
Stuffed olives

Marinate lamb, peas, and celery in French dressing 30 minutes. Keep cold. Mash egg yolk, add to mayonnaise dressing and combine with lamb, peas, and celery. Arrange on lettuce leaves. Garnish with crescents cut from egg white, slices of stuffed olives, and dashes of paprika.
Other Pleasing Dishes

Braised Breast of Lamb

Braising, a combination of roasting and stewing, is well adapted to such cuts as the breast. It may be cooked with or without boning. If the latter, the bones should be sawed before cooking to permit of carving the meat properly for serving. For a boned breast use the shank and breast in one piece and after removing bones, roll, skin side in, and fasten with skewers.

Rolled Breast of Lamb

Rub surface of meat with salt and pepper and sear on all sides in a small roasting or baking pan. Add 1 cup hot water or stock and a slice or two of onion, cover, and bake in a slow oven (300° F.) until meat is tender; then remove cover and allow meat to brown. Make a gravy of the liquid in the pan. Season with a few drops of Worcestershire sauce and a tablespoon of mint jelly.
Réchauffé of Lamb

1 pound cold roast lamb, sliced
2 tablespoons flour
2 tablespoons fat
Salt and pepper
1 teaspoon parsley, chopped
1 1/2 cups water or stock or part of each
2 gherkins, finely chopped
1 teaspoon onion, minced or juice
1 teaspoon Worcestershire sauce
1/4 teaspoon mustard

Réchauffé means to reheat and in the case of meat, it usually refers to reheating in some kind of sauce or gravy. A left-over gravy, well seasoned, may be used, but if none is on hand, make a sauce of the ingredients listed above.

Melt fat, add flour and stir until well browned, add seasonings. Add gradually the liquid, stir until smooth, add slices of meat and set over low flame 15 to 20 minutes or until the meat is thoroughly heated. Serve with potato or rice cakes.

Scotch Broth

2 1/2 pounds of lamb or mutton
    from neck or breast and shank
1/2 cup barley
1 1/2 quarts water (approximately)
1/4 cup turnip, cubed
1/4 cup carrot, cubed
1 onion, diced
1/4 cup celery, cubed
2 tablespoons flour
2 tablespoons fat
Salt
Pepper
1 sprig parsley
Separate the meat from the bone and cut into small pieces. Wrap bones in a piece of cheesecloth. Immerse meat and bones in cold water, heat to boiling, skim, add barley, cover and simmer about 1½ hours.

Remove bones, add vegetables and cook until they are tender. Combine flour with fat, add to soup, stir until slightly thickened and smooth, and season with salt and pepper. Add a sprig of parsley finely chopped, just before serving.

**Boiled Lamb with Caper Sauce**

For boiled lamb, select a shoulder or breast cut. Trim meat, if necessary, and rub surface with a little salt. Immerse meat in a kettle of boiling water, add 1 bay leaf and 2 peppercorns, and cover. Bring water to a boil again, lower heat, and simmer until meat is tender, about 1½ to 2 hours. Add more salt if needed. Serve the meat with a caper sauce.

**Caper Sauce**

Make a thin sauce, using 1½ tablespoons butter, 1½ tablespoons flour, 1 cup water or clear soup stock, 1 teaspoon lemon juice, 1 teaspoon salt, and pepper to taste. Add ½ cup capers drained from the liquid in which they are bottled.